

# Sri Lanka



## Policies, Interventions and Actions

### The National Policy and Strategic Framework for Prevention and Control of Chronic Non-Communicable Diseases 2023 - 2033

The National Policy and Strategic Framework for Prevention and Control of Chronic Non-Communicable Diseases 2023 - 2033, approved by the Cabinet on 05.06.2023, provides a framework to reduce morbidity, disability and premature mortality due to chronic Non-Communicable Diseases.

Categories:	Evidence of NCD strategy
Year(s):	2023-2033
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	<a href="http://www.ncd.health.gov.lk">www.ncd.health.gov.lk</a>
Linked document:	<a href="#">Download linked document</a>

## The National dietary and physical activity guidelines For selected Non-communicable diseases

Overweight and obesity are among the selected diseases for these guidelines. The chapter on overweight and obesity includes guidelines for dietary modification and physical activity and exercise for individuals living with overweight and obesity. Other diseases covered include hypertension, chronic kidney diseases, coronary heart diseases and more.

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan Evidence of Physical Activity Guidelines/Policy
Categories (partial):	Evidence of Management/treatment guidelines
Year(s):	2022 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	<a href="http://www.ncd.health.gov.lk">www.ncd.health.gov.lk</a>
Linked document:	<a href="#">Download linked document</a>
References:	Dietary and physical activity guidelines for selected noncommunicable diseases: For Healthcare Physicians. Directorate of Non-Communicable Diseases, Ministry of Health, Sri Lanka; 2022

## Action Plan for 2021-2025: National program for promotion of physical activity

Sri Lanka aims to achieve a 10% relative reduction in the prevalence of insufficient physical activity by year 2025. This action plan outlines the agenda of the Directorate of NCD, Ministry of Health for the years 2021 to 2025 to achieve this target.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2021-2025
Target age group:	Adults and children
Organisation:	Ministry of Health
Linked document:	<a href="#">Download linked document</a>
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): <a href="https://extranet.who.int/nutrition/gina/en">https://extranet.who.int/nutrition/gina/en</a> Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

## National Nutrition Policy of Sri Lanka 2021–2030

The policy has a number of targets, the ones related to overweight and obesity being: 1) No increase in overweight among children under five years of age from the baseline of 0.6% (NS- MRI, 2012) by 2030. 2) No increase in overweight and obesity among adolescents from the baseline of 7.6% and 2.2% respectively (NS- MRI, 2018) by 2030. 3) Prevalence of overweight among adults and elderly (18-69 years) reduced from 29.3% (STEPS, 2015) to 15% and obesity further reduced from 5.9% by 2030

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2021-2030
Target age group:	Adults and children
Linked document:	<a href="#">Download linked document</a>

## Colour coding for sugar, salt and fat

Government regulations on colour labelling foods containing specified levels of sugar, salt or fat. Available in English, Sinhala & Tamil language

Categories:	Labelling Regulation/Guidelines
Year(s):	2019 (ongoing)
Organisation:	Government
Linked document:	<a href="#">Download linked document</a>
References:	Food (Colour Coding for Sugar, Salt and Fat) Regulations 2019 - No 26/1980

## Guideline on Management of Overweight and Obesity among Adults in Sri Lanka

The guidelines outline how to classify and assess overweight and obesity and include guidance on diet, physical activity, behavioural therapy, pharmacotherapy, and surgery.

Categories:	Evidence of Management/treatment guidelines
Year(s):	2018 (ongoing)
Target age group:	Adults
Organisation:	Ministry of Health
Find out more:	<a href="http://www.ncd.health.gov.lk">www.ncd.health.gov.lk</a>
Linked document:	<a href="#">Download linked document</a>

## Physical Activity and Sedentary Behavior Guideline

The Guidelines are designed to provide information and guidance on the types and amounts of physical activity that provide substantial health benefits. The primary audiences are policymakers and health professionals.

Categories:	Evidence of Physical Activity Guidelines/Policy
Year(s):	2018 (ongoing)
Target age group:	Adults and children
Organisation:	Government
Linked document:	<a href="#">Download linked document</a>

## Prevention of Overweight and Obesity among School Children in Sri Lanka

This guide discusses in details the intermediate and long-term effects of unhealthy food habits and sedentary life styles. It also provides a lengthy description of age appropriate healthy foods and physical exercise. The ultimate aim of this guide is to reduce the burden of non-communicable diseases among our emerging young adult population and thereby improve their quality of life as well as their personal expectations. Healthy lifestyles is also an essential element of happy and peaceful families

Categories:	Evidence of National Obesity Strategy/Policy or Action plan
Year(s):	2018 (ongoing)
Target age group:	Children
Organisation:	Ministry of Health, Nutrition and Ministry of Health
Linked document:	<a href="#">Download linked document</a>
References:	Prevention of Overweight and Obesity among School Children in Sri Lanka. School Health Unit of Family Health Bureau of Ministry of Health, Nutrition and Indigenous Medicine in 2018

## Excise tax on sugar-sweetened beverages

Sri Lanka introduced an excise tax in 2017. In 2018, the rate was lowered from LKR50 per gram of sugar to LKR30 per gram of sugar. The tax is levied for carbonated drinks with a sugar content of 6g of sugar (per 100ml) and above. For fruit-based beverages, that threshold is 9g of sugar (per 100ml) and above. Milk-based drinks are exempt.

Categories:	Taxation/Subsidies on Food or Beverages or law relating to public health
Year(s):	2017 (ongoing)
Target age group:	Adults and children
Organisation:	Government
Find out more:	<a href="http://www.ird.gov.lk">www.ird.gov.lk</a>
Linked document:	<a href="#">Download linked document</a>

## NCD Country Profiles 2018 (Obesity Targets)

The profiles also provide data on the key metabolic risk factors, namely raised blood pressure, raised blood glucose and obesity and National Targets on Obesity (as of 2017)

Categories:	Evidence of Obesity Target
Year(s):	2017 (ongoing)
Target age group:	Adults and children
Organisation:	World Health Organisation
References:	Noncommunicable diseases country profiles 2018. Geneva: World Health Organization; 2018. Licence: CC BY-NC-SA 3.0 IGO.

## Guidelines for a Healthy Canteen in the Workplace

This guidance aims to create an environment that will encourage healthy lifestyles by promoting healthy food and drink in workplace canteens of Government ministries, departments, corporations and other institutions.

Categories:	Evidence of Community Interventions/Campaign
Categories (partial):	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2013 (ongoing)
Target age group:	Adults
Organisation:	Ministry of Health
Find out more:	<a href="http://www.ncd.health.gov.lk">www.ncd.health.gov.lk</a>
Linked document:	<a href="#">Download linked document</a>

## Food based dietary guidelines for Sri Lankans

Categories:	Evidence of Nutritional or Health Strategy/ Guidelines/Policy/Action plan
Year(s):	2011 (ongoing)
Target age group:	Adults and children
Organisation:	Ministry of Health
Find out more:	<a href="http://www.health.gov.lk">www.health.gov.lk</a>
Linked document:	<a href="#">Download linked document</a>
References:	The Food and Agriculture Organization of the United Nations. <a href="http://www.fao.org/nutrition/education/food-based-dietary-guidelines/regions/countries/sri-lanka/en/">http://www.fao.org/nutrition/education/food-based-dietary-guidelines/regions/countries/sri-lanka/en/</a> (last accessed 7 March 2016)

## Food (Labelling and Advertising) Regulations 2005 - 1376/9

Government regulation 2005. Available in Sinhala, English & Tamil language

Categories:	Labelling Regulation/Guidelines
Year(s):	2005 (ongoing)
Organisation:	Government
Linked document:	<a href="#">Download linked document</a>
References:	Food (Labelling and Advertising) Regulations 2005 - 1376/9

## GNPR 2016-17 (q7) Breastfeeding promotion and/or counselling

WHO Global Nutrition Policy Review 2016-2017 reported the evidence of breastfeeding promotion and/or counselling (q7)

Categories:	Evidence of Breastfeeding promotion or related activity
Target age group:	Adults
Organisation:	Ministry of Health (information provided by the GINA program)
Find out more:	<a href="http://extranet.who.int">extranet.who.int</a>
References:	Information provided with kind permission of WHO Global database on the Implementation of Nutrition Action (GINA): <a href="https://extranet.who.int/nutrition/gina/en">https://extranet.who.int/nutrition/gina/en</a> Please note the GINA website has been replaced by the GIFNA database and the GINA link will no longer work. You will find this document by searching this new database: <a href="https://gifna.who.int/">https://gifna.who.int/</a>

## Marketing of Breast-Milk Substitutes: National Implementation of the International Code Status Report 2016 (Promotion of Breastfeeding)

The 2016 report provides information on the status of implementing the International Code of Marketing of Breast-milk Substitutes and subsequent relevant World Health Assembly resolutions (“the Code”) in and by countries. The report also identifies in which countries they actively promote the benefits of breastfeeding.

Categories:	Evidence of Breastfeeding promotion or related activity
Target age group:	Adults
Organisation:	WHO UNICEF IBFAN
References:	WHO. UNICEF. IBFAN. Marketing of Breast-milk Substitutes: National Implementation of the International Code. Status Report 2016. Geneva: World Health Organization; 2016

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